

4 Holistic Tools for Finding your Direction in Midlife

Tool #3: Know Thy Self!

Timeframe: 10-15 min.

Purpose: Self- knowledge is your superpower. Get insight on what midlife, stage-of-life, means to you personally.

Instructions:

1. Use attached journaling template – stream of consciousness - don't worry about getting it right!
2. Circle what stands out most
3. Pat yourself on the back for doing the hard work of self-inquiry.

Patterns I've repeated in my life that are limiting?
e.g. - Numbing with food or drink, not standing up for myself, angry outbursts, etc.

My hopes goals and callings for this chapter?

Draw a symbol of your essence in here
e.g. - lightning bolt, heart, etc.

Most meaningful experiences/accomplishments in your life?

My concerns and fears about midlife?